



September Nutrition News



[www.chippewavalleyschools.org/
departments/food-service/](http://www.chippewavalleyschools.org/departments/food-service/)



WHAT COMES WITH A SCHOOL LUNCH?

A school meal consists of:
Protein, whole grains, 1/2-1 cup fruit,
3/4-1 cup vegetable and
8oz of low-fat milk.

Students are encouraged to take
all of the items for lunch but are
only required to take 3 items but
one choice must be a fruit or
vegetable.

Is your child consuming the fruit
and/or vegetable?

ENCOURAGING VEGETABLES

- ✓ **Eat together.** Let your child see you enjoying vegetables at meals & snacks.
- ✓ **Prepare together.** Teach your child how to tear lettuce or add vegetable toppings to pizza.
- ✓ **Get colorful.** Choose different colors of veggies to eat!

REMINDERS

- ✓ School meals returned to full pay, free/reduced. Please fill out a meal application to see if your family qualifies for reduced price meals.
- ✓ As of June 1, 2022, SendMoneyToSchool.com has moved to FamilyPortal.cloud. If you previously had an account on SendMoneyToSchool.com, please create a new account using the same email address

EVENTS

Sept. 5
Labor Day

Sept. 6
First day of School!

Sept. 21
Virtual parent tech
info night

